



The MS Workbook: Living Fully with Multiple Sclerosis

Robert Fraser PhD, George Kraft MD, Dawn Ehde PhD, Kurt Johnson PhD

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Your Essential Guide to Living Well with MS

You can live a fuller and more rewarding life with multiple sclerosis. In this book you'll find clear, practical tips for taking care of your health, your livelihood, and your relationships-step-by-step advice for creating real change in your life.

Recommended by leaders in the nation's top MS organizations, this book offers you more than just strategies for dealing with physical challenges. The authors, a team of experienced doctors and psychologists, offer tips to help you manage the emotional aspects of MS, too. Put these clear and straightforward techniques to use in your life today for greater physical comfort and mobility, financial security, and a more positive state of mind.

- Manage your physical and mental health care
- Negotiate accommodation and comfort issues in the workplace
- Stay on top of financial matters, including health insurance
- Foster a strong sense of spirituality and community
- Enjoy more intimate relationships and a better sex life
- Utilize government and private resources and other sources of support

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